

LUMBAR LAMINECTOMY / DISCECTOMY Discharge Instructions

Please Note: These are guidelines and helpful suggestions for your postoperative recovery period. Everyone progresses at their own pace postoperatively.

- **Medications:**

1. Resume all previous medications unless instructed otherwise.
2. You will be provided a prescription for a narcotic medication (“pain pill”) and a muscle relaxer to take after surgery. Over the counter Extra Strength Tylenol, or an alternative prescription medication from our office, can be used as an alternative to narcotics as your pain gets better. . Please keep in mind that our office requires 48 hour notification for all medication refills. Prescriptions for narcotic pain medications have to be picked up in the office.
3. Take the pain medications and/or muscle relaxants we prescribed to you as directed. If you feel you are ready to wean down your dosage, please contact our office for instructions. If you feel your pain is not well controlled, do not increase your medication dosage unless directed to do so by your physician or his PA
4. Over-the-counter anti-inflammatory medication may also be used for any residual or recurrent back or leg pain.

- **Wound Care:**

1. On day 2 after surgery, you can start changing your bandage every day for one week. You may remove the dressing after one week. The first 48 hours after discharge from the surgery facility please plan to do a sponge/washcloth type of shower. After the first 48 hours please use a waterproof dressing called “opside” when showering for the first week. Typically there are steri-strips over your incision and they will fall off on their own 2-4 weeks postoperatively.
2. Keep the incision area clean and dry for one week. Do not peel off any scabs.
3. In the event that the dressing does get wet, be prepared to change it immediately after getting out of the shower. It is important when you take a shower to have somebody around to assist you. If you drop the soap or shampoo bottle have somebody pick it up for you rather than bending over on your own to pick it up. Please do not take a bath or soak in any water before your first follow-up visit.
4. Steri-strips will fall off on their own or you may remove them after two weeks postoperatively.
5. There may be some numbness around the incision, which is normal and will improve.
6. Please call the office if you notice swelling, redness, heat or drainage around or from your incision, if your incision opens, or if you develop a fever of 101 or higher.

- **Activities:**

1. Avoid any form of physical activity other than walking prior to your first post op appointment
2. For at least **Three** weeks you should avoid lifting, pushing, pulling or carrying anything that is greater than 10 lb. Use good body mechanics: Use your legs, not your back. Avoid prolonged sitting (more than 60 minutes at a time). Be careful of sudden movements; avoid bending or twisting.

3. It is ok to climb stairs occasionally. It is important to stand and walk in increasing amounts every week. Please make an effort to walk at least every couple hours during the day. You should slowly increase your activity level but not to the point where pain is dramatically increasing.
4. You may feel fatigue for the first several weeks after surgery. This is normal. Taking frequent naps is recommended.
5. Do not drive for approximately 2 weeks, or while on pain medications. After the first week you may take short passenger trips. Keep in mind that if you're taking pain medications, they significantly dull your driving reflexes. It is illegal to drive while taking narcotic pain medications. You can resume driving when you're no longer taking pain medications and feel comfortable sitting behind the wheel. We recommend starting with short trips.
6. Your activity restrictions will be reviewed at your first postoperative visit in about 3 weeks.

- **Diet:**

1. Your appetite may be decreased after surgery. You should eat smaller, more frequent meals.
2. You may resume your regular diet as soon as you are able to.
3. **Constipation:** Surgery and pain medication may cause constipation. If you need a laxative, try 1-2 teaspoons of Metamucil and/or a tablespoon of Milk of Magnesia in the evening before bed while taking pain medication. Also, increase your water intake; eat fiber, fresh fruit and vegetables or prunes.
4. **Nausea/Vomiting:** These are also a common side effect of pain medication. If severe, you should contact our office for some treatment options.

- **Special Instructions:**

1. Please call the office when you get home from the hospital to schedule a follow-up appointment at 503-546-3503, we would like to see you 3-4 weeks after surgery.
2. Please call the office if you have any questions or concerns, or if an emergency arises. If you experience any chest pain, shortness of breath, sudden severe headaches, sudden confusion, slurred speech or new and severe leg pain, swelling or hot area in your legs please go to the emergency room or call 911, if you cannot reach our office.
3. Please contact your pharmacy for non-controlled medication refills. Refills will only be done during normal business hours. Please give at least 48 hours' notice for refill requests. Requests may be faxed to 503-546-3507.